

# Preschoolers

## Preschool Programs

Most classes held at: NKCC  
North Kirkland Community Center  
12421 103rd Ave NE ★ 425.587.3350

### Preschool Class Requirements

- ★ Children must be able to follow directions and participate in small group setting without a parent.
- ★ Please take your child to the bathroom before class.
- ★ No siblings other than infants in carriers; registered participants only.
- ★ Refer to class description for "no class" dates.
- ★ Please be on time for drop-off and pick-up.!
- ★ If we cancel an individual class, we will make it up when the schedule allows. If the schedule does not allow for a make-up class, a credit will be issued. No make-up are available for missed classes.
- ★ Refund policy is on page 7

*"My son can't wait to go to school (ABC class) to see his friends. He is so proud of the work he brings home after class."*

### ABC & 123 "Preschool Fun For Everyone" Ages 3 to 5 years

Miss Susie will teach letter and color recognition, number sequencing, science, seasons and art doing creative group and individual projects. A 1 to 8 teacher to student ratio.

Choose from a 1 hour or 1½ hour class. We recommend the 1 hour programs for beginners. Location: NKCC

**Age 3 years, 1 hour** 6 weeks • No class 11/26  
Resident \$64 / Non-Resident \$77 (per session)

Tue	9:30–10:30am	Sept 10–Oct 15	39963
Tue	9:30–10:30am	Nov 5–Dec 17	39966
Tue	9:30–10:30am	Jan 7–Feb 11	39969
Tue	9:30–10:30am	Feb 25–Apr 1	39972

**Ages 3 to 4 years, 1½ hours** 6 weeks  
No class 11/26 • Resident \$96 / Non-Res. \$115 (per session)

Tue	10:40am–12:10pm	Sept 10–Oct 15	39964
Tue	10:40am–12:10pm	Nov 5–Dec 17	39967
Tue	10:40am–12:10pm	Jan 7–Feb 11	39970
Tue	10:40am–12:10pm	Feb 25–Apr 1	39973

**Ages 4 to 5 years, 1½ hours** 6 weeks  
No class 11/26 • Resident \$96 / Non-Res. \$115 (per session)

Tue	12:30–2pm	Sept 10–Oct 15	39965
Tue	12:30–2pm	Nov 5–Dec 17	39968
Tue	12:30–2pm	Jan 7–Feb 11	39971
Tue	12:30–2pm	Feb 25–Apr 1	39974



## Cooking

### Creating in the Kitchen with Karen

**Ages 3 to 5 years (children only)**

Nurture curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

Instructor: Karen Renfroe-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland 98034 (enter off of 108th Ave NE) • 8 weeks • No class 1/20 & 2/17 • \$10 supply fee payable to instructor • Resident \$69 / Non-Resident \$83

Mon	2:30–3:30pm	Sept 9–Oct 28	39987
Mon	2:30–3:30pm	Jan 13–Mar 17	39989

### Holiday Creating in the Kitchen with Karen

**Ages 3 to 5 years**

Cook special holiday treats in this 4-week class.

Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE) • 5 weeks • Supply fee of \$6 payable to instructor • Resident \$45 / Non-Resident \$54

Mon	2:30–3:30pm	Nov 18–Dec 16	39991
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For Creating in the Kitchen with Karen ages 4–8, see page 26



### IMAGINATION THEATER >>

*"Lauren was so enthusiastic and joyful, she made it so much fun for the kids and really helped them to stretch their imagination and confidence."*

### Imagination Theater

**Ages 3 to 5 years**

Let your imagination take you away through various drama games, music, and other creative activities using your creativity!

Instructor: Miss Lauren • Location: NKCC

**4 weeks** Resident \$28 / Non-Resident \$34

Tue	9:45–10:30am	Sept 10–Oct 1	39975
Tue	10:45–11:30am	Sept 10–Oct 1	39976
Tue	9:45–10:30am	Oct 15–Nov 5	39977
Tue	10:45–11:30am	Oct 15–Nov 5	39978
Tue	9:45–10:30am	Nov 19–Dec 10	39979
Tue	10:45–11:30am	Nov 19–Dec 10	39980
Tue	9:45–10:30am	Jan 7–28	39981
Tue	10:45–11:30am	Jan 7–28	39982
Tue	9:45–10:30am	Feb 11–Mar 4	39983
Tue	10:45–11:30am	Feb 11–Mar 4	39984

**3 weeks** Resident \$21 / Non-Resident \$25

Tue	9:45–10:30am	Mar 18–Apr 1	39985
Tue	10:45–11:30am	Mar 18–Apr 1	39986

## Art

### Art Adventures (Parent Participation Optional)

#### Ages 3 to 5 years

You're a little bit older, and now ready for this, a safari in art you won't want to miss. So lace up your boots, on a hunt we will go, that will take us through paint lands and mountains of dough. We'll capture the colors and textures and more, and release them to projects you're sure to adore.

*Instructor: Miss Pamela • Location: NKCC • 3 weeks*  
*Resident \$24 / Non-Resident \$29*

Wed	10:30–11:15am	Sept 11–25	39993
Wed	10:30–11:15am	Oct 9–23	39994
Wed	10:30–11:15am	Nov 6–20	39995
Wed	10:30–11:15am	Dec 4–18	39996
Wed	10:30–11:15am	Jan 8–22	39997
Wed	10:30–11:15am	Feb 5–19	39998
Wed	10:30–11:15am	Mar 5–19	39999

### Valentine Workshop

#### Ages 5 to 8 years

Create a one-of-a-kind valentine box with glitter, doilies, paint, stickers, and more to store your beloved valentines. Listen to a heartwarming story, and enjoy a valentine snack.

*Instructor: Miss Pamela • Location: NKCC*  
*Resident \$17 / Non-Resident \$20*

Sat	12–1:30pm	Feb 8	40001
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## Science/Art Series for 3's!

**NEW!**

These new short science classes are well suited for the youngest of scientists. This science and art series concentrates on exploring, discovering, and nurturing your preschool students' curiosity about the world around them. We will focus on problem solving, making guesses and estimates, and developing observation skills. Each series will have a variety of 'hands-on' and interactive themes! Learning will always be followed by a creative art project.

### Super Sleuths

#### A Science/Art Experience

##### Age 3 years

Learn how scientists use their detective skills to solve problems. We will carefully observe, compare and contrast the world around us. These will include magnification, sense of hearing and sight, looking for patterns and becoming a detective to solve a mystery.

*Instructor: Miss Melissa • Location NKCC • 3 weeks*  
*Resident \$30 / Non-Resident \$36*

Thur	1–1:45pm	Sept 12–26	40254
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### Circles, Squares, & Triangles, Oh My!

#### A Science/Art Experience

##### Age 3 years

Shapes are all around us. Which ones are good for moving things? Which shapes hold the most weight? Is one shape better than another? How can we use these shapes to make things?

*Instructor: Miss Melissa • Location NKCC • 3 weeks*  
*Resident \$30 / Non-Resident \$36*

Thur	1–1:45pm	Oct 4–17	40255
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### Mysterious Mixtures

#### A Science/Art Experience

##### Age 3 years

What dissolves and what doesn't? Do liquids with different densities mix? We will have fun making ooey gooey oobleck, homemade ice cream and more.

*Instructor: Miss Melissa • Location NKCC • 3 weeks*  
*Resident \$30 / Non-Resident \$36*

Thur	1–1:45pm	Nov 7–21	40256
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### Amazing Me

#### A Science/Art Experience

##### Age 3 years

We are all amazing and have amazing bodies. In this series we will ask questions like: How are we all the same, yet different at the same time? What makes us unique? How do we use our muscles to do everyday things? How do we keep ourselves safe from germs?

*Instructor: Miss Melissa • Location NKCC • 3 weeks*  
*Resident \$30 / Non-Resident \$36*

Thur	1–1:45pm	Dec 5–19	40257
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### Size Matters

#### A Science/Art Experience

##### Age 3 years

Is bigger really better? How do things change as they grow? In this series we will explore chemistry as we grow crystals and find out how popcorn explodes!

*Instructor: Miss Melissa • Location NKCC • 3 weeks*  
*Resident \$30 / Non-Resident \$36*

Thur	1–1:45pm	Jan 9–23	40260
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### The Air Up There

#### A Science/Art Experience

##### Age 3 years

What is air made up of and how does it move? We will explore the concept of volume as we learn how air takes up space.

*Instructor: Miss Melissa • Location NKCC • 3 weeks*  
*No class 2/20 • Resident \$30 / Non-Resident \$36*

Thur	1–1:45pm	Feb 6–27	40261
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### Wet & Dry

#### A Science/Art Experience

##### Age 3 years

In this series we will explore the opposites of wet and dry. We will explore evaporation, hydrophobic materials and which materials absorb water best.

*Instructor: Miss Melissa • Location NKCC • 3 weeks*  
*Resident \$30 / Non-Resident \$36*

Thur	1–1:45pm	Mar 6–20	40262
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# Preschoolers

## Science/Art Series for 4 to 5's

### Landforms

#### A Science/Art Experience

**Ages 4 to 5 years**

Canyons, reefs, coasts, plains, lakes and rivers are just a few of the landforms your little geologist will become familiar with. Children will explore which animals live in each of the landforms and how our earth's landforms are constantly changing. We will discuss how the changing landforms can have positive and negative impacts on the human race. They will follow up their earth science activity with an exploration of art, experiencing watercolors, pastels, paints and clay.

Instructor: Miss Melissa • Location: NKCC • 5 weeks  
Resident \$72 / Non-Resident \$86

Tue	12:30–2pm	Sept 10–Oct 8	40264
Tue	10:30am–12pm	Oct 22–Nov 19	40265

### Sticky and Slimy

#### A Science/Art Experience

**Ages 4 to 5 years**

Children will discover what makes things sticky and slimy while creating the substances through science experiments. They will follow up their natural science activity with an exploration of art, experiencing watercolors, pastels, paints and clay. Don't miss out as we create papier-mâché artwork, find out how magnets work, and apply the use of sticky items to create works of art.

Instructor: Miss Melissa • Location: NKCC • 5 weeks  
Resident \$72 / Non-Resident \$86

Tue	10:30am–12pm	Sept 10–Oct 8	40266
Tue	12:30–2pm	Oct 22–Nov 19	40267

### Polar Regions of the World

#### A Science/Art Experience NEW!

**Ages 4 to 5 years**

In this short series students will explore the Arctic and Antarctic Regions. What makes them unique? How do animals survive? Would we be able to survive if we lived there? Each class will follow up with an exploration of art, experiencing watercolors, pastels, paints and clay.

Instructor: Miss Melissa • Location: NKCC • 3 weeks  
Resident \$42 / Non-Resident \$50

Tue	10:30am–12pm	Dec 3–17	40268
Tue	12:30–2pm	Dec 3–17	40269

*My little girl comes home excited to tell us what she learned about the rainforest, planets, rocks and volcanos. —Katie*

### Weather

#### A Science/Art Experience

**Ages 4 to 5 years**

Children will explore different weather patterns. They will learn about rain, clouds, tornadoes and recreate them in the classroom! They will follow up their natural science activity with an exploration of art, experiencing watercolors, pastels, paints and clay. Don't miss out as we investigate nature and use our scientific minds to recreate weather phenomena.

Instructor: Miss Melissa • Location: NKCC • 5 weeks  
Resident \$72 / Non-Resident \$86

Tue	12:30–2pm	Jan 14–Feb 11	40270
Tue	10:30am–12pm	Feb 25–Mar 25	40271

### Reflections & Shadows NEW!

#### A Science/Art Experience

**Ages 4 to 5 years**

Children will explore light, reflections and shadows in numerous ways. They will experiment with light to see how it can make things look clear or fuzzy, discover how rainbows are formed, and how light and reflection can magnify objects. They will follow up their natural science activity with an exploration of art, experiencing watercolors, pastels, paints and clay. Don't miss out as we learn and experiment with light, use a microscope and create art.

Instructor: Miss Melissa • Location: NKCC • 5 weeks  
Resident \$72 / Non-Resident \$86

Tue	10:30am–12pm	Jan 14–Feb 11	40272
Tue	12:30–2pm	Feb 25–Mar 25	40273

*The length of the class is great and I really like the concept of teaching science through art. —Jean*

## Preschool Music

### Move Over Mozart Piano Classes

**Ages 3 to 6 years**

Learn to play familiar tunes on the piano, read music, and, basic music theory. Class recitals throughout the year are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction. A one-time \$10 materials fee is payable to instructor and due at first class. Class size is limited to 6 (additional classes may be added based on waiting lists). For more information visit [moveovermozart.net](http://moveovermozart.net).

Location: NKCC

10 weeks • No class 11/11, 1/20, 2/13, & 2/17  
Resident \$89 / Non-Resident \$107

#### Preschool: Ages 3 to 4 years

Mon	4–4:30pm	Sept 16–Nov 25	40006
Mon	5–5:30pm	Sept 16–Nov 25	40007
Thur	4–4:30pm	Sept 19–Nov 21	40008
Thur	5:30–6pm	Sept 19–Nov 21	40009
Mon	4–4:30pm	Jan 6–Mar 24	40014
Mon	5–5:30pm	Jan 6–Mar 24	40015
Thur	4–4:30pm	Jan 16–Mar 27	40016
Thur	5:30–6pm	Jan 16–Mar 27	40017

#### Grade K-1: Ages 5 to 6 years

No class 11/11, 1/20, 2/13, & 2/17

Mon	4:30–5pm	Sept 16–Nov 25	40010
Mon	5:30–6pm	Sept 16–Nov 25	40011
Thur	4:30–5pm	Sept 19–Nov 21	40012
Thur	6–6:30pm	Sept 19–Nov 21	40013
Mon	4:30–5pm	Jan 6–Mar 24	40018
Mon	5:30–6pm	Jan 6–Mar 24	40019
Thur	4:30–5pm	Jan 16–Mar 27	40020
Thur	6–6:30pm	Jan 16–Mar 27	40021

For Move Over Mozart classes for ages 7–12 years, see page 25



## Language Polly-Glots

Polly-Glots was founded in 2007 by a mom with a dream of offering engaging and affordable language immersion classes for children.

### French for Children **NEW!**

**Ages 4 to 7 years parent participation optional**

This French immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Vocabulary is provided so parents can reinforce the language outside of class.

*Instructor: Frederique Battestini / Polly-Glots*

*Location: NKCC • 10 weeks • No class 2/15*

*Resident \$168 / Non-Resident \$202*

Sat	10–10:45am	Sept 14–Nov 16	40004
Sat	10–10:45am	Jan 11–Mar 22	40005

For Parent/Child Spanish and Chinese ages 1-5 years, see page 15

## Preschool Dance

### Jazz for Children

**Ages 3 to 4½ years**

Jazz – It's fun, upbeat, and allows for just enough "free dance." This might be the perfect combination class because ballet techniques are taught through jazz. Start with a simple warm up followed by intros to turns, kicks, and leaps, with time for free form expression. Parents may join us for the last class to watch and take pictures.

*Leather soled ballet slippers required • Location: NKCC*

**Fall 12 weeks** No class 11/27

*Resident \$86 / Non-Resident \$103*

Wed	9:40–10:25am	Sept 11–Dec 4	40052
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**Winter 11 weeks** Resident \$79 / Non-Resident \$95

Wed	9:40–10:25am	Jan 8–Mar 19	40053
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PRESCHOOL BALLET/TAP >>

*My daughter loved this class, learned real ballet and the teacher was amazing. —Charlene*

## Preschool Dance

NOTE: See page 14 for Dance Class for Two Year Olds with Parent!

### Preschool Ballet A

**Ages 3 to 4½ years with no previous dance experience**

This exciting introduction to creative dance emphasizes musical expression, coordination and movement exploration. Mirrors and music create an enchanting dance environment. Parents may join us for the last class to watch and take pictures.

*Leather soled ballet slippers required • Location: NKCC*

**Fall 12 weeks** No class 10/25, 10/31, 11/11, 11/25-30  
*Resident \$86 / Non-Resident \$103*

Mon	9:45–10:30am	Sept 9–Dec 9	40022
Wed	10:30–11:15am	Sept 11–Dec 4	40023
Wed	11:25am–12:10pm	Sept 11–Dec 4	40024
Thur	10:20–11:05am	Sept 12–Dec 12	40025
Sat	9–9:45am	Sept 14–Dec 7	40026
Sat	9:50–10:35am	Sept 14–Dec 7	40027

**Winter 11 weeks** No class 1/20 & 2/17

*Resident \$79 / Non-Resident \$95*

Mon	9:45–10:30am	Jan 6–Mar 31	40028
Wed	10:30–11:15am	Jan 8–Mar 19	40029
Wed	11:25am–12:10pm	Jan 8–Mar 19	40030
Thur	10:20–11:05 am	Jan 9–Mar 20	40031
Sat	9–9:45am	Jan 11–Mar 22	40032
Sat	9:50–10:35am	Jan 11–Mar 22	40033

### Preschool Ballet B

**Ages 4 to 6 years**

Older preschoolers and children with previous dance experience will explore musicality, artistic expression and a repertoire of dance steps. Parents may join us for the last class to watch and take pictures.

*Leather soled ballet slippers required! • Location: NKCC*

**Fall 12 weeks** No class 10/25, 10/31, 11/11, 11/25-30  
*Resident \$86 / Non-Resident \$103*

Mon	11:25am–12:10pm	Sept 9–Dec 9	40034
Thur	11:15am–12pm	Sept 12–Dec 12	40035
Sat	10:40–11:25am	Sept 14–Dec 7	40036

**Winter 11 weeks** No class 1/20 & 2/17

*Resident \$79 / Non-Resident \$95*

Mon	11:25am–12:10pm	Jan 6–Mar 31	40037
Thur	11:15am–12pm	Jan 9–Mar 20	40038
Sat	10:40–11:25am	Jan 11–Mar 22	40039



### Preschool Ballet/Tap Combo A

**Ages 3 to 4½ years**

Remember your first pair of shiny black tap shoes? We do! Tap was so much fun we added it to our Preschool Ballet Class! This class will introduce the very beginning movements of ballet and the toe tapping sounds of tap. Parents may join us for the last class to watch and take pictures.

*Leather soled ballet slippers and tap or dress shoes required! • Location: NKCC*

**Fall 12 weeks** No class 10/31, 11/11 & 11/25-28  
*Resident \$86 / Non-Resident \$103*

Mon	10:35–11:20am	Sept 9–Dec 9	40040
Thur	9:30–10:15am	Sept 12–Dec 12	40041
Thur	4–4:45pm	Sept 12–Dec 12	40042

**Winter 11 weeks** No class 1/20 & 2/17

*Resident \$79 / Non-Resident \$95*

Mon	10:35–11:20am	Jan 6–Mar 31	40043
Thur	9:30–10:15am	Jan 9–Mar 20	40044
Thur	4:00–4:45pm	Jan 9–Mar 20	40045

### Preschool Ballet/Tap Combo B

**Ages 4 to 6 years**

Ballet and tap are explored in this class for the older preschooler and also for children with previous dance experience. Parents may join us for the last class to watch and take pictures

*Leather soled ballet slippers and tap or dress shoes required! • Location: NKCC*

**Fall 12 weeks** No class 10/31, & 11/25-28  
*Resident \$86 / Non-Resident \$103*

Wed	12:15–1pm	Sept 11–Dec 4	40046
Thur	4:50–5:35pm	Sept 12–Dec 12	40047

**Winter 11 weeks**

*Resident \$79 / Non-Resident \$95*

Wed	12:15–1pm	Jan 8–Mar 19	40049
Thur	4:50–5:35pm	Jan 9–Mar 20	40050

# Preschoolers

## PEE WEE MONSTER BASH

**Ages 5 and under with parent**

Put on your costume, grab your broom and fly on over to our 8th Annual Pee Wee Monster Bash! You'll do the monster mash, the ghoulish cookie walk, swamp fishing for treats, arts & crafts, and more. We guarantee a not too spooky time, just a kooky time!

**FRIDAY, OCT 26, 10AM-NOON**

**Pre-register early to guarantee your spot! Event usually sells out.** If not sold out, tickets will be available at the door on a limited basis. No refunds for this event.

Per Child: Res \$10.95 / Non Res \$13.14  
(includes WA State Sales Tax)  
NKCC • 12421 103rd Ave NE

**Fri 10am-12pm Oct 26 40002**

**COME ANY TIME.**  
ACTIVITIES ARE ONGOING, CARNIVAL STYLE!



## Snowflake Ball

**FATHER/  
DAUGHTER  
DANCE**

*Friday, December 13 6:30-8:30pm*

**Ages 3 to 10 years with Dad**

Start an annual tradition! Join us for a fun Father/Daughter Dance as we celebrate the beginning of the winter season with an enchanted evening of music and dancing. Dance to old favorites such as YMCA and the Macarena and learn new dances, too. Create a princess craft, and enjoy beverages and goodies. Dress up in your finest clothes or princess gowns since this will be a magical night spent with Dad! Grandpas, uncles, or other father figures etc. are welcomed to escort their little sweethearts to this special evening. Have your commemorative photo taken as a treasured memory of this wonderful night.

**Register each child separately —  
space is limited so sign up now!**

**Location: NKCC**

Per Child: Res \$25.19 / Non-Res \$30.23  
(includes WA State Sales Tax)

**Friday 6:30-8:30pm Dec 13 40003**



## Junior Engineering

### Junior Aerospace Engineering: Taking to the Skies

**NEW!**

**Ages 4 to 6 years**

Children are natural engineers! Let your child explore their interest in all things that fly by introducing young engineers to the fundamental concepts of aircraft and spacecraft design. Through open and focused exploration, students explore and construct airplanes, rockets, hot air balloons, and more.

*Instructor: Engineering for Kids • Location: NKCC  
6 weeks • Resident \$90 / Non-Resident \$108  
\$35 supply fee payable to instructor*

Wed	1:00-1:45pm	Sept 11-Oct 16	40460
Wed	1:00-1:45pm	Feb 19-Mar 26	40462

### Junior Chemical Engineering: Crazy Concoctions

**NEW!**

**Ages 4 to 6 years**

Does your child enjoy mixing different ingredients? If so, nurture your child's interest in chemical engineering by introducing young engineers to the fundamental concepts of solids, liquids, gases, and mixtures. Students investigate the properties of several crazy concoctions and make their own samples of bubbles, play dough, bouncy balls, and more.

*Instructor: Engineering for Kids • Location: NKCC  
6 weeks • No class 11/27 • Resident \$90 / Non-Res \$108  
\$35 supply fee payable to instructor*

Wed	1:00-1:45pm	Oct 30-Dec 11	40461
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### Junior Mechanical Engineering: Widets and Gadgets

**NEW!**

**Ages 4 to 6 years**

Children are often fascinated with machines all around us. From cars to coasters, this class introduces young engineers to the fundamental concepts of energy, materials, and movement. Through open and focused explorations, students explore and construct their own roller coasters, catapults, cars, and more.

*Instructor: Engineering for Kids • Location: NKCC  
6 weeks • Resident \$90 / Non-Resident \$108  
\$35 supply fee payable to instructor*

Wed	1:00-1:45pm	Jan 8-Feb 12	40463
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## Cheerleading

### Pee Wee Cheer

#### Ages 3 to 5 years

**YOU CAN DO IT, YES YOU CAN!** Join our Cheer Coach for a cheerleading class is geared toward your peppy preschooler. Pee Wee cheerleaders will learn cheers and chants formatted for beginners. New routines each session! Parents may join us on the last day of class to see what we have learned.

*Wear loose comfortable clothing and tennis shoes  
Location: NKCC*

**Fall 6 weeks** No class 11/11  
Resident \$24 / Non-Resident \$29

Mon	3:15–3:45pm	Sept 16–Oct 21	40054
Mon	3:15–3:45pm	Nov 4–Dec 16	40055

**Winter 5 weeks** No class 1/20  
Resident \$20 / Non-Resident \$24

Mon	3:15–3:45pm	Jan 6–Feb 10	40056
Mon	3:15–3:45pm	Mar 3–31	40057

For Cheerleading classes  
ages 5 to 8, see page 28

## Be a Star in Our Brochure!

Seeking photos from around Kirkland.

Would you like to submit a photo to be considered for use in future Kirkland Parks Guides? Do you have a photo from a Kirkland park or other recognizable Kirkland location, event or class showing the fun you are having in Kirkland? For the photo to be considered it should ideally be 2550x3500 pixels. A photographer's release form might be required depending on the photo.

For questions call Tracy Harrison at 425.587.3352.  
Email photos to [tharrison@kirklandwa.gov](mailto:tharrison@kirklandwa.gov).

## Preschool Sports and Fitness

### Little Tumblers 1

#### Ages 3 to 4 years

FUNDamental tumbling is geared toward the 3 and 4 year old preschooler. Basic tumbling skills are taught on floor mats. Introduction to low balance beam, bar, and trampoline. The emphasis in this class is placed on coordination, technique, and FUN!

*Please dress comfortably in shorts, T-shirts or leotards  
No clothing with buttons or zippers.*

**Fall 6 weeks** No class 11/11, 11/29  
Location: NKCC • Resident \$43/ Non-Resident \$52

Mon	4–4:45pm	Sept 9–Oct 14	40064
Mon	4–4:45pm	Oct 28–Dec 9	40065
Fri	10:30–11:15am	Sept 13–Oct 18	40066
Fri	10:30–11:15am	Nov 1–Dec 13	40067
Fri	11:30am–12:15pm	Sept 13–Oct 18	40068
Fri	11:30am–12:15pm	Nov 1–Dec 13	40069

**Winter 5 weeks** Location: NKCC • No class 1/20  
Resident \$36 / Non-Resident \$43

Mon	4–4:45pm	Jan 6–Feb 10	40072
Fri	10:30–11:15am	Jan 10–Feb 7	40074
Fri	11:30am–12:15pm	Jan 10–Feb 7	40076

**Winter 6 weeks** Location: NKCC  
Resident \$43 / Non-Resident \$52

Mon	4–4:45pm	Feb 24–Mar 31	40073
Fri	10:30–11:15am	Feb 21–Mar 28	40075
Fri	11:30am–12:15pm	Feb 21–Mar 28	40077



### Little Tumblers 2

#### Ages 4 to 6 years

For children with previous tumbling experience only. Review tumbling skills and advance to the next level with additional work on all apparatus.

*Please dress comfortably in shorts, T-shirts or leotards.  
No clothing with buttons or zippers.*

**Fall 6 weeks** No class 11/11, 11/29  
Location: NKCC • Resident \$43/ Non-Resident \$52

Mon	4:50–5:35pm	Sept 9–Oct 14	40080
Mon	4:50–5:35pm	Oct 28–Dec 9	40081

**Winter 5 weeks** Location: NKCC • No class 1/20  
Resident \$36/ Non-Resident \$43

Mon	4:50–5:35pm	Jan 6–Feb 10	40082
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**Winter 6 weeks** Location: NKCC  
Resident \$43/ Non-Resident \$52

Mon	4:50–5:35pm	Feb 24–Mar 31	40083
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### LITTLE TUMBLERS

*“The tumbling program is great—the perfect amount of time, fantastic progression, and small amount of students, my daughter absolutely loved the class.” —Darci*

## Mighty Mite Martial Arts

#### Ages 4 to 6 years

Miller Martial Arts Academy introduces Martial Arts to boys and girls. Learn non-violent conflict resolution, better concentration and listening skills, and build coordination, flexibility and self-control. At this age there will never be contact between participants. The last week of class we will have a graduation ceremony to a Mighty Mite White Belt.

*Location: Miller Martial Arts Academy, 8920 122nd Ave NE, Kirkland • 8 weeks • No class 1/20 & 2/17  
Resident \$38 / Non-Resident \$46*

Mon	2:30–3pm	Sept 9–Oct 28	40058
Wed	2:45–3:15pm	Sept 11–Oct 30	40059
Sat	10:30–11am	Sept 14–Nov 2	40060
Mon	2:30–3pm	Jan 6–Mar 10	40061
Wed	2:45–3:15pm	Jan 8–Feb 26	40062
Sat	10:30–11am	Jan 11–Mar 1	40063





## Preschool Kids In Motion

Up and over, under and through, balls and streamers, tunnels and YOU!

Meet friends, build confidence and have FUN developing their large muscle motor skills. This program progresses with your child... they'll be crawling, climbing, balancing, and bouncing! See page 14 for Parent/Child Kids in Motion classes for younger children. **Location: NKCC**

*"A very enthusiastic '10' for Miss Melissa I am really impressed with how she changes the activities to fit the developmental differences between age groups."*

## Rhythmic Gymnastics

Kirkland Parks teams up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. These introductory classes are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self-esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

*Instructor Arzu Karaali has trained athletes for National and International competitions and worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta. She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2.*

**Location:** La Luna Gym • 11251 120th Ave NE Suite #150, Kirkland, WA 98033 • [www.lalunagym.com](http://www.lalunagym.com)

*"The teacher was so great with the girls, they had so much fun and learned things they still practice at home." —Kim*

### Rhythmic Gymnastics Level 1 Beginners

#### Girls Ages 4 to 5

Introduces students to basic positions of Ballet and Rhythmic Gymnastics apparatus while encouraging confidence, creativity, flexibility of movement and self-expression. No experience necessary.

*Gymnastics leotard required, bare feet or socks OK.*  
**Location:** LaLuna Gym, 11251 120th Ave NE, Ste 150, Kirkland

12 weeks • No class 11/26 & 30  
Resident \$108 / Non-Resident \$130

Tue	2-2:45pm	Sept 10-Dec 3	40084
Tue	3-3:45pm	Sept 10-Dec 3	40085
Sat	12-12:45am	Sept 14-Dec 7	40086
Tue	2-2:45pm	Jan 14-Apr 1	40094
Tue	3-3:45pm	Jan 14-Apr 1	40095
Sat	12-12:45am	Jan 18-Apr 5	40096

### Rhythmic Gymnastics Level 2 Advanced

#### Girls Ages 4 to 5

This Level 2 class has been designed for 4 and 5 year olds with experience. The class reinforces the foundation of ballet and rhythmic gymnastics while introducing advanced techniques. It is important that your child be able to listen and follow directions in order to challenge and prepare for the next level!

*Gymnastics leotard required, bare feet or socks ok.*  
*Minimum of one year dance or gymnastics experience required.* **Location:** LaLuna Gym, 11251 120th Ave NE, Ste 150, Kirkland

12 weeks • No class 11/27 & 30  
Resident \$108 / Non-Resident \$130

Wed	5-5:45pm	Sept 11-Dec 4	40087
Sat	12-12:45pm	Sept 14-Dec 7	40088
Wed	5-5:45pm	Jan 15-Apr 2	40097
Sat	12-12:45pm	Jan 18-Apr 5	40098

**For Rhythmic Gymnastics ages 6 to 10, see page 28**

### Kids In Motion – On My Own

Perfect for children transitioning to non-parent participation. This ½ hour class is for children only.

#### Ages 28 months to 3 years

7 weeks Resident \$32 / Non-Resident \$38

Thur	9:15-9:45am	Sept 12-Oct 24	40101
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6 weeks No class 11/28

Resident \$27 / Non-Resident \$32

Thur	9:15-9:45am	Nov 7-Dec 19	40102
Thur	9:15-9:45am	Jan 9-Feb 13	40103
Thur	9:15-9:45am	Feb 27-Apr 3	40104

### Kids In Motion A & B

45-minute classes are for children only.

#### Motion A Ages 2½ to 3 years

7 weeks Resident \$49 / Non-Res \$59

Wed	11-11:45am	Sept 11-Oct 23	40105
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6 weeks No class 11/27 • Resident \$42 / Non-Res \$50

Wed	11-11:45am	Nov 6-Dec 18	40106
Wed	11-11:45am	Jan 8-Feb 12	40107
Wed	11-11:45am	Feb 26-Apr 2	40108

#### Motion B Ages 3 to 4 years

7 weeks Resident \$49 / Non-Resident \$59

Thur	11:35am-12:20pm	Sept 12-Oct 24	40109
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6 weeks No class 11/28 • Resident \$42 / Non-Res \$50

Thur	11:35am-12:20pm	Nov 7-Dec 19	40110
Thur	11:35am-12:20pm	Jan 9-Feb 13	40111
Thur	11:35am-12:20pm	Feb 27-Apr 3	40112



## Ice Skating All Ages!

Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Whether you are a beginner or would like to enhance your present skill level, we encourage children and adults to join. Students will be divided into their skill level and age level. Skates will be provided and helmets are highly recommended.

*Classes will be held at Kingsgate Arena; 14326 124th Ave NE, Kirkland WA 98034. Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time. Last day of class is "bring a buddy for free day." Skates will be provided for your buddy. Registration deadline is: one week prior to start of first class. Please arrive ½ hour before class to get skates on. Please wear warm clothes, jacket and gloves.*

### FALL

**Ages 5 to Adult 7 weeks**

Resident \$120 / Non-Resident \$144

Mon	6-7pm	Sept 9-Oct 21	40368
Fri	6-7pm	Oct 11-Nov 22	40372
Mon	6-7pm	Nov 4-Dec 16	40369

**Ages 4 to Adult 7 weeks**

Resident \$120 / Non-Resident \$144

Tue	10:45-11:45am	Sept 10-Oct 22	40370
Tue	10:45-11:45am	Nov 5-Dec 17	40371

### WINTER

**Ages 5 to Adult 7 weeks**

Resident \$125 / Non-Resident \$150

Mon	6-7pm	Jan 6-Feb 17	40373
Fri	6-7pm	Jan 10-Feb 21	40377
Mon	6-7pm	Feb 24-Apr 7	40374
Fri	6-7pm	Feb 28-Apr 11	40378

**Ages 4 to Adult 7 weeks**

Resident \$125 / Non-Resident \$150

Tue	10:45-11:45am	Jan 7-Feb 18	40375
Tue	10:45-11:45am	Feb 25-Apr 8	40376

3 to 6  
years  
of age

## Pee Wee Basketball

**NEW! Fall and Winter Sessions  
Offered For 2013/14 Season!**

Develop basic motor skills such as dribbling/ball handling, shooting, passing/catching and running/agility that are needed to participate in organized basketball. Practice and games are centered around skill development, participation, and fun! Each player receives a T-shirt, group photo and participation certificate.

**Saturdays • Class meets 6 weeks  
No class 11/9, 11/30 or 2/15**

### FALL Pee Wee Basketball -Saturdays

*Please note Photo day is October 26th  
3 to 4 years old pictures are at 9:30am  
5 to 6 year olds pictures are at 10:45am*

Resident \$65 / Non-Resident \$78

<b>Ages 3-4</b>	10am-11am	Oct 26-Dec 14	39495
<b>Ages 5-6</b>	11:15am-12:15pm	Oct 26-Dec 14	39496

### WINTER Pee Wee Basketball -Saturdays

*Please note Photo day is January 25th  
3 to 4 years old pictures are at 9:30am  
5 to 6 year olds pictures are at 10:45am*

Resident \$65 / Non-Resident \$78

<b>Ages 3-4</b>	10am-11am	Jan 25-Mar 8	39497
<b>Ages 5-6</b>	11:15am-12:15pm	Jan 25-Mar 8	39498



For ages 11 to 18

## Youth & teen Move it!

**NEW! See page 32**



## Youth Ice Hockey

For ages 4 to 13  
**See page 29**



# PEE WEE SOCCER

## TWO LOCATIONS TO CHOOSE FROM!

**Ages 3 to 6 years** Pee Wee Soccer League (PWS) is focused on fun, participation and socialization. Games are played on Saturday mornings, between 8 and 2pm on the hour and take 60 minutes with the first part of the hour dedicated to practice. Choose from two locations, either Emerson High Field or 132nd Square Park. Shin guards are mandatory. Each player will receive a team shirt and a medal.

**NOTE:** Parent and child need to be available during the hours of 8am and 2pm on Saturdays. Game times will vary each week.

### Volunteer coaches needed.

Please call 425.587.3331 for more information.



**Resident \$66 • Non-Resident \$79 + sales tax**

### LOCATION 1:

**Emerson High Field, 10903 NE 53rd St**

Game start times will vary each week.

**Possible games times: 8am, 9am, 10am, 11am, 12pm or 1pm**

<b>3 to 4 year olds</b>	Sat	Sept 14–Oct 26	40176
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<b>5 to 6 year olds</b>	Sat	Sept 14–Oct 26	40177
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### LOCATION 2:

**132nd Square Park, 13159 132nd Ave NE**

Game start times will vary each week.

**Possible games times: 8am, 9am, 10am, 11am, 12pm or 1pm**

<b>3 to 4 year olds</b>	Sat	Sept 14–Oct 26	40178
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<b>5 to 6 year olds</b>	Sat	Sept 14–Oct 26	40179
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### Quick Facts about the Pee Wee Soccer League (PWS):

#### Do I have to choose a location?

You are free to choose whichever location is most convenient. Just register using the designated course number. All games will be played at that particular location meaning there will be no cross-league games.

#### I've signed up for PWS...what do I do now?

You will be contacted by a coach at least one week prior to the first day, September 7th. The coach will provide you with information about game schedule, team name, etc.

#### I'd like to be a coach. How do I apply? And, what if my team does not have a coach?

If you'd like to apply to be a volunteer coach, please visit our league website [www.kirklandwa.gov/pee-weesoccer](http://www.kirklandwa.gov/pee-weesoccer) to download the volunteer application. We are always looking for good volunteers. Prior soccer experience does help but is not necessary. We handle applications on a first-come, first-serve basis therefore getting your volunteer packet turned in ASAP is crucial. All coaches must pass a background check. If no one volunteers to coach your team then Kirkland staff will contact individual parents from your team roster to coach. Feel free to email [nthomas@kirklandwa.gov](mailto:nthomas@kirklandwa.gov) for more information.

#### How are teams formed?

Registration is taken on a first come, first serve basis. Siblings will be placed on the same team. Teams are formed randomly, but we take into consideration gender ratios and ages of the participants.

#### What is the format of the league?

The program meets on Saturday mornings/early afternoons. The program is one hour in duration with the first 20 or 30 minutes of the hour, depending on age division, devoted to practice. The last 30 or 40 minutes are reserved for a friendly, recreational-style soccer game. Game start times will range from 8am to 1pm on the hour. For example, week one your game might be at 9am but week two your game might be at 10am.

#### Are games played in the rain?

Yes, if it is raining, games will be played as scheduled if the field is in good condition. If the field conditions are poor, putting safety in jeopardy (or if it is raining heavily), we will cancel games for the day and reschedule.

#### Does the program take player pairing or coach requests?

Requests for team pairings are taken but are not guaranteed. You child must be registered before you may make a request. **If you sign up for the league it is the parent's responsibility to arrange for travel, supervision, etc. regardless of who is on your child's team.**

#### What is included with the registration fee?

Each child will receive a t-shirt to wear during the season and a participant medal at the end of the season. Shin guards are not provided but are required. Cleats are optional but recommended.

#### If I have additional questions, who do I contact?

Please call 425.587.3336 for additional information or to register.



**REGISTRATION IS OPEN NOW!**  
For registration & information  
call 425.587.3336